

NATIONAL RECORDS

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MEN

100m	10.30	0.8	Anil Kumar	Kerala	24-Aug-2005	New Delhi
	10.30	0.2	Abdul Najeeb Qureshi	Andhra Pradesh	06-Oct-2010	New Delhi
	10.26 #	1.2	Amiya Kumar Mallick	Odisha	28-Apr-2016	New Delhi
200m	20.66	1.0	Dharambir Singh	Haryana	07-Jun-2015	Wuhan
400m	45.48		K.M. Binu	Kerala	20-Aug-2004	Athens
	45.47 #		Arokya Rajiv	Tamil Nadu	29-Apr-2016	New Delhi
	45.44 #		Muhammed Anas	Kerala	24-Jun-2016	Bydgoszcz
	45.40 #		Muhammed Anas	Kerala	25-Jun-2016	Bydgoszcz
800m	1:45.77		Sriram Singh	Rajasthan	25-Jul-1976	Montreal
1500m	3:38.00		Bahadur Prasad	Delhi	23-Dec-1995	Chennai
5000m	13:29.70		Bahadur Prasad	Delhi	27-Jun-1992	Birmingham
10000m	28:02.89		Surendra Singh	Uttarakhand	12-Jul-2008	Vigo
3000m Steeple	8:30.88		Gopal Saini	Rajasthan	05-Jun-1981	Tokyo
110m Hurdles	13.65	0.4	Siddhanth Thingalaya	Maharashtra	17-Jun-2012	Brussels
	13.65=	0.6	Siddhanth Thingalaya	Maharashtra	19-Aug-2014	Patiala
	13.59 #	1.5	Siddhanth Thingalaya	Maharashtra	14-May-2016	Clermont
	13.54 #	0.4	Siddhanth Thingalaya	Maharashtra	11-Jun-2016	Phoenix
400m Hurdles	49.51		Joseph G. Abraham	Kerala	26-Aug-2007	Osaka
High Jump	2.25		Harishankar Roy	West Bengal	28-Sep-2004	Singapore
	2.26 #	#	Tejaswin Shankar	Delhi	10-Nov-2016	Coimbatore
Pole Vault	5.13		K.P. Bimin	Kerala	23-Aug-2012	Jabalpur
Long Jump	8.09	1.3	K. Prem Kumar	Tamil Nadu	05-Aug-2013	New Delhi
	8.17 #	0.0	Ankit Sharma	Madhya Pradesh	26-Jun-2016	Almaty
	8.19 #	0.1	Ankit Sharma	Madhya Pradesh	26-Jun-2016	Almaty
	17.17	0.0	Arpinder Singh	Punjab	08-Jun-2014	Lucknow
Triple Jump	17.30 #	1.8	Renjith Maheswary	Kerala	11-Jul-2016	Bangalore
	20.69		Om Prakash Singh	Haryana	12-May-2012	Szombathely
Shot Put	20.69		Vikas Gowda	Karnataka	12-Apr-2012	Norman
Discus Throw	66.28		Rakesh Kumar Yadav	Uttar Pradesh	17-Jul-2003	Bangalore
Hammer Throw	70.16					

	70.73 #		Neeraj Kumar	Rajasthan	29-Jun-2016	Hyderabad
Javelin Throw	86.48		Neeraj Chopra	Haryana	23-Jul-2016	Bydgoszcz
Decathlon	7658		Bharatinder Singh	Haryana	12-Jun-2011	Bangalore
4x100m Relay	38.89		National Team		12-Oct-2010	New Delhi
4x400m Relay	3:02.62		National Team		19-Dec-1998	Bangkok
	3:02.17 #		National Team		12-Jun-2016	Erzurum
	3:00.91 #		National Team		10-Jul-2016	Bangalore
Marathon	2:12:00		Shivnath Singh	Bihar	28-May-1978	Jullundur
20 KM walk	1:20:21		K.T. Irfan	Kerala	04-Aug-2012	London
	1:20:21= #		Devender Singh	Haryana	20-Mar-2016	Nomi
50 KM walk	3:56:22		Sandeep Kumar	Haryana	03-May-2014	Taicang

WOMEN

100m	11.38	1.2	Rachita Mistry	Maharashtra	12-Aug-2000	Trivandrum
	11.33 #	0.3	Dutee Chand	Odisha	28-Apr-2016	New Delhi
	11.30 #	0.5	Dutee Chand	Odisha	25-Jun-2016	Almaty
	11.24 #	1.2	Dutee Chand	Odisha	25-Jun-2016	Almaty
200m	22.82	0.8	Saraswati Saha	West Bengal	28-Aug-2002	Ludhiana
400m	51.05		Manjit Kaur	Punjab	16-Jun-2004	Chennai
800m	1:59.17		Tintu Luka	Kerala	04-Sep-2010	Split
1500m	4:06.03		Sunita Rani	Punjab	11-Oct-2002	Busan
5000m	15:15.89		Preeja Sreedharan	Kerala	26-Nov-2010	Guangzhou
10000m	31:50.47		Preeja Sreedharan	Kerala	21-Nov-2010	Guangzhou
3000m Steeple	9:27.86		Lalita Babar	Maharashtra	24-Aug-2015	Beijing
	9:27.09 #		Lalita Babar	Maharashtra	29-Apr-2016	New Delhi
	9:26.55 #		Sudha Singh	Uttar Pradesh	14-May-2016	Shanghai
	9:19.76 #		Lalita Babar	Maharashtra	13-Aug-2016	Rio de Janeiro
100m Hurdles	13.38	-0.7	Anuradha Biswal	Odisha	26-Aug-2002	New Delhi
	13.38=	-0.7	Anuradha Biswal	Odisha	08-Sep-2002	New Delhi
400m Hurdles	55.42		P.T. Usha	Kerala	08-Aug-1984	Los Angeles
High Jump	1.92		Sahana Kumari	Karnataka	23-Jun-2012	Hyderabad
Pole Vault	4.15		V.S. Surekha	Tamil Nadu	04-Nov-2014	New Delhi
Long Jump	6.83	1.2	Anju B. George	Kerala	27-Aug-2004	Athens
Triple Jump	14.11	0.9	Mayookha Johny	Kerala	09-Jul-2011	Kobe
Shot Put	17.96		Manpreet Kaur	Punjab	16-Sep-2015	Kolkata
Discus Throw	64.76		Krishna Poonia	Rajasthan	05-May-2012	Maui
Hammer	62.74		Manju Bala	Rajasthan	05-Jun-2014	Lucknow

Throw					
Javelin Throw	59.53	Annu Rani	Uttar Pradesh	01-Oct-2014	Incheon
	59.87 #	Annu Rani	Uttar Pradesh	02-Jul-2016	Hyderabad
	60.01 #	Annu Rani	Uttar Pradesh	29-Sep-2016	Lucknow
Heptathlon	6211	J.J. Shobha	Andhra Pradesh	17-Mar-2004	New Delhi
4x100m Relay	44.43	National Team		22-Jul-1998	Fukuoka
	44.03 #	National Team		18-May-2016	Beijing
	43.42 #	National Team		04-Jul-2016	Almaty
4x400m Relay	3:26.89	National Team		27-Aug-2004	Athens
Marathon	2:34:43	O.P. Jaisha	Punjab	30-Aug-2015	Beijing
20 KM walk	1:31:40	Khushbir Kaur	Punjab	03-May-2014	Taicang